COLUMN DEDICATED TO TIRED MOTHERS AS THEY JOIN THE HOME CIRCLE.

What to Take During 1910,

ake this paper. ake comfort—if you can, ake things easy—within reason ake the girl you love to be your

Take care of your health. It is a most valuable thing you have. Take a hint when it is intended r you. Don't wait to be knocked

Take flattery as an insult, and an honest compliment as something to be grateful for. Take pains to be faithful and conscientious in business. It will

ing you success. Take offense only at things worth of offended at. It is a sure evi-

Take hold of any work that come your hand rather than be idle.

Take time to be polite and kind ways. Rudeness never pays, the set may think so but he is wrong. Take trouble like a man. Don't whining about when it comes.

but shut your mouth and stand up under it resolutely.

Take a trip now and then, and try to see something outside of the town you live in. Travel is one of the greatest of educators.

Take pains to do your work well

Take pains to do your work well the conscientious worker is the one who gets to the front—and the one hat never needs be idle.

Take rare that you make this day model for all the days to come—and then copy after it. Live this ay so that it will bring no regrets.

Take time, young man, to go out the your sister. If she is a good fri she is much more desirable com

iri she is much more desirable com may for you than that other girl to flirts with you so desperately. Take the sunshine into your life something to be grateful for; on't darken it with shadows of our own making. Trouble will come a enough without your coining

ake your wife and children with on when you go out to be amused. that you cannot take your wife and you know it.

Take as much care of your mon-as you can, if your means are slied; but don't try to save your alles or your kind words. The one liberal you are with these the

you will have. Take a walk-several of them. I braithful to walk, and if it is a moonlight night, and some rich man's pretty daughhter is hangon your arm, it is especially althful.

Take time young woman to be kind to your brother—and go out with him when he wishes you to do him when he wishes you to do He is one of your best friends, Take pains to hear both sides of

ory before you come to a do-on. Jumping at a conclusion, one a and another, has filled the blood. Wait to hear both sides Wait to hear both sides

a story before you speak. Take a wife if you are able to ort a wife, a very, very stylish it is every able bodied man's T to help some good woman says: "Marshal A. B. Patrick, as the successor of Federal Marshal this?"

Take heart, if you are cast down Your luck will change ere the year is out. What though the clouds do

ford it. Rest is sweet and you don't wear out while you are resting. The savior bade the weary to come unto Him, and he promised them—rest.

ald learn how much of wisdom res is in the old Latin motto, restina lente"—hasten slowly. ores of young men are betrayed to Imprudence by their impetuos-y. They are always in haste and leave distanced.

St. Valentine's Day. Superstition is hearly as old as an and that it exists now quite as rong though not as widespread as the early ages of our world, is oved by the various rites and cermentes practiced on certain days groughout the year. Even those rollicule them, ret participate in be ridicule them, ret participate in "just for fun" have a linger-way hablf-suspicion in their minds; after land matters. proved by the various rites and cersuanies practiced on certain days throughout the year. Even those who ridicule them, yet participate in them "just for fun" have a lingering hahlf-suspicion in their minds that they might come true; especially is this the case when inclination points the way. St. Valentine is the acknowledged patron saint of lovers; and the peculiar customs connected with the day were referred to by writers nearly 500 years.

## Follow this advice.

Quaker Oats is the best of all foods; it is also the cheapest. When such as Prof. Fisher-of Yale University of Sir James Crichton Browne, LLD.F.R.S. of London spend the best parts of their lives in studying the great question of the nourishing out strengthening qualities of different foods, it is certain that their advice is theologically safe to follow.

Professor Fisher found in his expressioners for testing the strength and andurance of athletes that the meat stars were exhausted long before the conduction who were fed on such feed as Quaker Oats. The powers of endurance of the non-meat caters were about eight times those of the meat stars.

gular size 10c packages, and her-ally scaled tins for het climates.

ago. The St. Valentine who suffer-red martyrdom on the 14th of Feb-ruary was one of fifty-two saints of that name, but nothing has ever been found in his life or in the lives of any of them, that would give oc-casion for the singular observances of the day. It has been maintained that it was an ancient custom amon the Romans during the Lupercalta celebrated in the month of February for the boys and men to draw the

names of their future wives in hon-or of their goddess. Februate Juno, and that the Christian clergy find-ing it absolutely impossible to abol-

saints whom they were to follow an imitate during the year.

In England, Scotland, France and some other parts of the continent it was formerly the custom of the young people to meet, write each other's or some of their acquaintances' names on a slip of paper, which were thrown into a box from which they were drawn, the men taking the girls' names and vice versa. The person thus drawing became one's valentine—and for a whole year was bound to devote himself to the one who drew him. Sometimes, of course, this led to real engagements between the parties, and often tricks were played in such a way that the slips of paper fell into the hands they were meant for. During the fifteenth century

COLUMN OF INTERESTING ITEMS GATHERED FROM OUR EXCHANGES,

School and Church.

Arrangements are being made to establish a seminary there. Miss Mary Moore, of Catlettsburg, will have charge of the work which is being done under the auspices of Women's Home Mission Society of the Southern Methodist Church. Miss Moore, a daughter of the late Col. Laban T. Moore, the noted years to the mission work. She has splendid executive ability and toe success of this great and good undertaking is assurred.

Stewart Wants It.

R. Lee Stewart, of Knott county, who was recently appointed private secretary to Representative ley, in letters to friends here, announces his prospective candidacy for the office of Railroad Commis-sioner of this, the third district, Mr. Stewart is well and favorably known throughout the eastern part of Kentucky, and will no doubt give a good account of himself when the Republican convention meets to nominate their standard-bearer.

Steve Sharp, took charge of the office Tuesday morning, where he said: 'I shall retain the office force coster you now, the sun will shine by and by. No life is made up altogather of shadows, and God never jet wholly deserted a resolute man or a brave woman. Fight on and victory will come at last.

Take a rest if you are able to affect it would be a terror among moonshiners, he having only recentmoonshiners, he having only recent ly captured three moonshiners and a deserter of the army in a raid in the hills of Owingsville; Clint Allen, In these days of scramble and the we often wish that the boys ber, Pineville; N. I. McDaniel. Frankfort, and Blackburn Gambill.

Marshal Patrick said be did not know who he would appoint as his successor as Deputy Marshal at Salyersville. He has been a terror to the lawbreakers.

Salyersville News.

Jack Patrick, brother of A. B.

Mrs. Abner Salyer, mother of our County Judge, who has been sick for some time, died last Wednesday.

connected with their work. They are going to survey down the river

A. Floyd Byrd, attorney from Win chester, is here attending court.

Judge R. C. Salyer returned to
town Saturday after an absence of several days, during the illness and death of his mother.

Hon. Sam Patrick, former member of the Kentucky Legislature, is mentioned in connection with the Republican nomination for Commissioner of Agriculture, Mr. Patrick is a citizen of the contraction of the is a citizen of Magoffin county, is trong throughout the Eastern section of the State, a practical farmer and a splendid campaigner, and it is not at all unlikely he may be given the nomination

FOR SALE: -- One two-story, five oom house in Louisa, near C. & O. freight depot. Apply to M. F. Conley

SOME HISTORIC FACTS ABOUT SISTER OF KENTUCKY'S NOYED STATESMAN.

The following is from the Catlettsburg Tribune: Ten miles above the town of Lou

ing it absolutely impossible to abol-ish this heathen practice changed it Dyer farm, there is an antiquated on the slips of paer instead of the names of women those of particular saints whom they were to follow an imitate during the year.

for. During the fifteenth century dust of persons quietly sleeping be-married people could be chosen as neath the sod who never should well as those who were not married, and often very valuable presents among them being a sister of the were exchanged. great Kentucky statesman and com-moner, the Illustrious Henry Clay This would be a great and glorious old world in a few years if our children would only achieve what we expect and predict for them. scarcely a state in the Union but in

which some of them may be found.

The name of this woman was Patience Clay Chapman, the wife of George Chapman, one of the pioneer settlers of Eastern Kentucky, entered a boundary of land on both sides of the Big Sandy river, extending several miles along the river. The maiden name of the woman was Patience Clay, and she was married to George Chapman in Virginia, and she with her husband came to the Big Sandy country from Glies county, that State. Soon after having moved into that construct a modern church building Chapman returned to their former at Van Lear and at the same time home to collect some money and the night before he was to start on his and died that night, the circum-stances of his death ever having been believed to have been sur-rounded by suspicious features, as none of the money he was known to Col. Laban T. Moore, the house had in his possession was ever rears to the mission work. She has recovered by his family. He was buried in Giles county and his wid-ow continued to reside in Keutucky and was buried in the old graveyard above mentioned. For many years her grave was kept marked by only a crude stone marker, such as was usually used for that purpose in that early day, but finally the grave was neglected and it is said that no one could locate it with any degree of accuracy today.

Among her descendants are the McClures, the Pecks, the Chapmans, she having been the mother of the writer's grandfather. Besides those above mentioned she had a daughter who continued to reside in Offes county, Va., whose descendants represent many of the prominent families in that section of the country.

located was transferred to two sons the Appalachian country, with a met some of his field deputies and the office force. Marshal Patrick David and George Chapman, who said: 'I shall retain the office force owned it for a long time, when it then has been owned by a number This comprehensive exhibition plan of persons, remotely related to the will result in an array of possessions

pioneer woman . In later years we believe that the farm has been known as the "Burgess" farm. The original boundary of land was divided between the following children of George Chapman, the senior: Isaac Chapman, Mrs. Lucreman and George and David Chapman, above named.

George Chapman went west in an early day and there are said to be numerous descendants of him residing in Oregon and Washington state. Archibald Chapman dispos-ed of his interest in the Kentucky lands and moved to Gallia county.

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Refuges—Extra Early . \$3.50 Bushel
Refuges—Extra Early . \$3.50 Bushel
New Stringless Green Pod . \$3.70 Bushel
Wardwell's Imp. Kidney Wax 54.50 Bushel
Davis New White Wax . 44.75 Bushel
Currie's Ruit Proof Wax . 4.50 Bushel
Extra Early Alaska . . \$3.50 Bushel
New Early Gradus . \$3.50 Bushel
New Early Gradus . \$3.50 Bushel
Horsford's Market Garden . \$3.50 Bushel
Buckbee's Lightning Express . \$3.50 Bushel
Buckbee's Lightning Express . \$3.50 Bushel
String Refuges . \$3.50 Bushel
Buckbee's Lightning Express . \$3.50 Bushel
B

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## Appalachian Exposition.

Knoxville, Tenn., Feb. 19 .- The Appalachian Exposition, to be held in this city September 15 to October 8 of the present year, is being prepared in the interest of the industrial and commercial developwill return trip overland to Kentucky, ment of the entire Appalachian h is he was selzed with a violent illness mountain region. This includes por tions of East Tennessee, Western orth Sarolina, Southwest Virginia, West Virginia, southeastern Kentucky, North Georgia, North Alabama and a part of South Carolina. No section of the entire United States of corresponding area has as vast deposits of latent mineral and timber wealth and agriculture and industrial possibilities as has the Appalachian region of these eight states. With the view of bringing these resources and their possibilitles more directly to the attention of the people of the country at large and particularly those living in the Appalachian section, this exposition has been designed. It has been located in Knoxville because of the fact that this city is the geographical center of the Appalachian region and is within easy reach by rail.

Agents of the exposition are now The farm on which the grave is getting in touch with all parts of passed into other hands and since other resources of the various states. will result in an array of possessions of this region that has never been equalled. The fact that the Appalachian Exposition is to be an annual affair is a further impetus to the country interested to make it a tia-Chapman McClure, Mrs. Eliza- brilliant achievement, and the show beth-Chapman Peck, Archibald Chap of this year will be but a forerunner of many greater exhibits in future

At the head of the exposition enterprise is W. J. Oliver, the most widely known man in all the Appalachian region. Mr. Oliver is a celebrated railroad builder and manufacturer and iron mill operator. He became famous throughout the world as the man who made the lowest bid for the construction of the Panama Canal, and had the work been let to contract it would have been awarded to him. Mr. Oliver is putting into the exposition organization the same energy and ability that has made possible his personal success, and his connection with it assures a signal achievement.

for some time, died last Wednesday. Her remains were interred in the family cemetery, near Sublett.

A corps of engineers came through Greasy Gap and down Licksing river, and are now stopping at the Prater Hotel. They refuse to discuss the survey or anything else to mable. Scales handy.

A market for the sale of cattle, ment.

In addition to industrial, commercial, art, domestic science, live stock, agricultural and numerous other exhibits peculiar to this section of the South, the Federal Govdance of the sale of cattle, ment.

In addition to industrial, commercial, art, domestic science, live stock, agricultural and numerous other exhibits peculiar to this section of the South, the Federal Govdance of the sale of cattle, ment. ernment will also have an exhibit, if the recommendations of the Congressional Exposition Committee Chairman prevail, which undoubtedly will be the case. President Taft has already accepted the invitation of the exposition officials to visit the show, and other officials of national reputation will also be here. The amusement feature is being

provided for, splendid Midways, airship, horse races, automobile races and other attractions being engaged. This exposition will be second to

none that has over been held in the

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